



Return to Swimming (COVID-19 Information) – Fall 1 2020 Season (8/31/20-10/18/20)

Introduction:

We are excited to be able to return to the water and continue training into the fall. It is important that all swimmers and families understand that as we resume training, new health screening, safety precautions, practice protocols, and training schedules will be in place. At this time, we are planning to hold our Fall 1 season under the current restrictions in place limiting swimmers to a maximum of four per lane, utilizing indoor and outdoor pools available. The coaching staff will be assigning practice groups and designing practice so that physical distancing can be maintained. Junior II and ISS groups will be swimming with a maximum of 2 swimmers per lane and all other groups will be swimming with a maximum of 4 swimmers per lane as approved by the Montgomery County Department of Health and Human Services.

Due to the limited nature of the Fall 1 program, registration is ONLY available to swimmers who participated in the Summer 2020 RMSC program at the Rockville Swim and Fitness Center, with swimmers from the Fall 2019 – Winter 2020 session being able to register on a space available basis. Coaches Invitational Groups (National Training, Advanced Senior, Junior Select and Junior 1) require coaches' approval to register and are dependent on space availability.

The Fall 1 Practice Schedule utilizes outdoor and indoor pools at the facility while they are open for the Fall season. This schedule will change in the Fall 2 / Winter period when outdoor pool use is no longer feasible. Due to anticipated COVID-19 related restrictions on pool capacities, the Fall 2 / Winter practice schedule may not be able to accommodate all current swimmers. Families should take note that participation in the Fall 1 session is not a guarantee for participation in the Fall 2 / Winter period. Certain practice groups may not continue past Fall 1, and/or practice times may change to fit pool availability. More details will be shared as they become available.

Registration Procedures:

All RMSC families are required to acknowledge our return to training information and complete the registration process before their swimmer(s) are allowed back to the pool for training. **Swimmers should bring the completed registration form and payments (via check – see page 8) to their first assigned practice.** Group coaches will be emailing their past swimmers / families before the first practice with specific practice sub-group assignments. If swimmers do not know what practice or practice sub-group they are assigned, they should start by contacting their coach via email, and if needed contact Head Swim Coach Dave Greene at 240-314-8755 or dgreene@rockvillemd.gov.

Minor Athlete Abuse Prevention Policy (MAAPP)

The Rockville-Montgomery Swim Club, as a USA Swimming member club, is required to implement the MAAPP in full. **Families must review the policy and comply with applicable sections.** The MAAPP must be reviewed and signed with acknowledgement submitted to RMSC on an annual basis. For more information and to review the required policy visit www.rmsscswimming.com/safesport or <https://www.usaswimming.org/Home/safe-sport>. Policy acknowledgement "sign-off" is completed through the registration process.



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HEALTH PRECAUTIONS

Athlete Self Screening

Before coming to the facility for practice, athletes and parents are responsible for going through the following self-check questions. All must be answered “no” in order to come to practice. Even if the swimmer is feeling slightly ill, they should not come to practice.

Since your last day of practice, have you developed:

- New fever (100° Fahrenheit or greater) or feeling of having a fever? ***Temperatures should be measured by the parent / guardian at home BEFORE coming to the facility***
- New cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- New sore throat?
- New Flu-like symptoms?

Athlete Illness

An athlete who has symptoms associated with COVID-19 should not come to practice until:

- 3 days with no fever **and**
- Symptoms improved **and**
- 10 days since symptoms first appeared*

*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Exposure to individuals with COVID-19

If an athlete has been exposed to an individual confirmed or presumed with COVID-19, they should not come to practice until 14 days* after exposure. If a swimmer or household member is directed by a healthcare provider or public health official to get a COVID test, or otherwise decides to get a COVID test due to the presence of symptoms or contact with a person tested or presumed positive, do not attend practice until the results are determined to be negative. *Per CDC recommendations available at:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

SWIMMING SAFELY

Generally, RMSC will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.

Personal Swimmer Conduct:

To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will result in the swimmer being asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

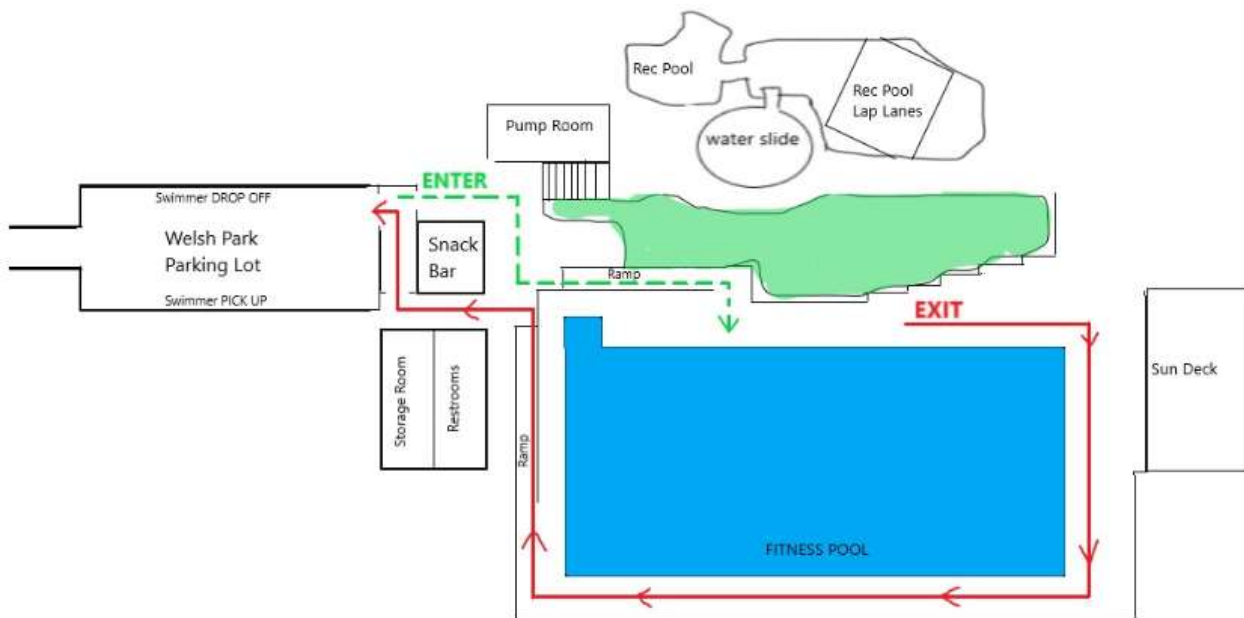
- No person-to-person contact
- Always stay 6 feet apart from others
- No splashing or spitting water at other swimmers and/or coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area
- Wear a face covering whenever outside of the water

Before Practice and Arriving at the Pool

- Go through the Athlete Self-Screening Process above – before EVERY PRACTICE.

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- Take a cleansing shower at home before leaving for practice.
- Swimmers should go to the bathroom before leaving home to minimize locker room use at the facility.
- **Arrive wearing your swimsuit and leave in swimming suits. There will be NO deck changing.**
- Wash hands with soap and water for at least 20 seconds.
- Bring a full water bottle to avoid touching tap or water fountain.
- Do not arrive to practice early; if you arrive early, stay in your car until five (5) minutes before your designated practice time to avoid unnecessary congregation at entry points.
- Swimmers and coaches are expected to wear face coverings when entering and exiting the facility (whenever not in the water).
- Follow instructions on printed map as to entry and exit points and directions.
- When arriving, stay 6 feet apart and arrive no more than 5 minutes before practice is scheduled to begin.
- In your swim bag please have hand sanitizer and sanitizing wipes.
- **RMSC swimmers will typically enter and exit through the gate to the outdoor pool accessible from Welsh Park (behind the snack bar). Follow the map below for entry and exit routes.**



Early Morning Note: For any practice beginning at 4:30am or 6:00am, enter through the outdoor bathhouse gate and arrive dressed to swim.

Evening Note: For any practice ending AFTER DUSK, depart through the Outdoor Recreation Pool's turnstiles (without use of the bathhouse).

During Practice

- Swimmers' families should stay in their car to minimize the number of people at the facility. Swimmers should be able to navigate to and from the pool without assistance in order to participate in the Fall 1 return to swim program. Practice spectators are not permitted at this time - coaching and facility staff only. Staff scheduling will comply with MAAPP guidelines.
- Attend the practice sessions as instructed by your coach. Groups will be made with specific size limitations and ability considerations. If you have a schedule conflict, communicate with your coach ahead of time.

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- Swimmers should leave equipment bags at home until told to bring them to practice by your coach.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission.
- During this re-opening phase, dry land training will remain limited, as it has been the last few months.
- If swimmers begin to feel ill or need to cough / sneeze, every attempt should be made to exit the water and do so in an area away from others.
- Refrain from spitting in or around the pool.
- When swimming with multiple swimmers per lane, follow the diagram below. Maintain at least 6 feet of space between others and follow coaches' instructions.

Exhibit A: Four Swimmers per Lane, resting

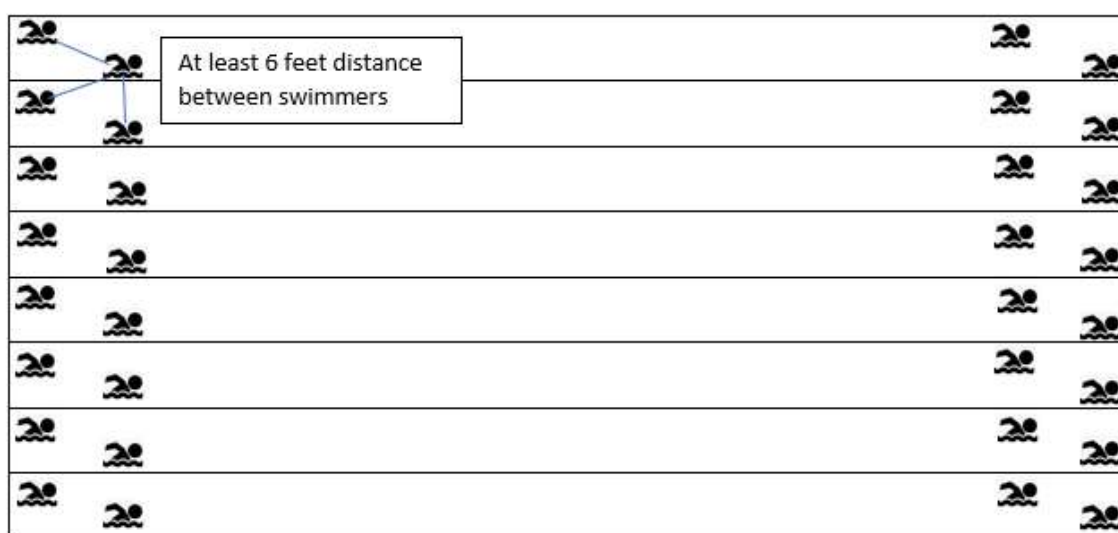
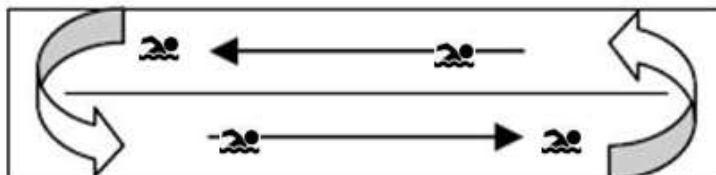


Exhibit B: Four Swimmers per Lane, circle swimming



At the End of Practice and Leaving the Facility

- When practices finish, coaches will direct the swimmers to exit the pool and follow the exiting procedure.
- Leave promptly when practices finish; no changing or showering at the pool is recommended as locker room use will be minimized.
- Parents / Guardians shall be prompted to pick up their children at the conclusion of practice in the Welsh Park or the Outdoor Pool's parking lot (see graphic on prior page).
- Avoid gathering in front of the entry and exit points. Please park in a parking spot.
- If waiting for a pickup is needed, make sure that swimmers wait 6 feet apart from others and wear face coverings.
- Parent volunteers are needed to monitor the entry / exit areas. Swimmers should pay attention to any reminders from coaches, facility staff and volunteers.



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RMSC - ROCKVILLE SITE 2020 SUMMER PRACTICE SCHEDULE
(AUGUST 31 – OCTOBER 18)

Important Note: Swimmers will be assigned a practice “sub-group” by their coach while restrictions on lap lane use capacity are in place to ensure we are in compliance with health department directives. Only attend your specified practice time (no make-up practices are available).

When registering, swimmers should be sure they are able to attend all practice group options before signing up to ensure that when they are assigned a group, they are able to attend.

6-8 YEAR OLD CLINIC (PAST INSTRUCTIONAL STROKE SCHOOL SWIMMERS):

This group will consist of 8 & under swimmers in the RMSC program. Emphasis will be on competitive stroke mechanics, turns, starts, and swim meet orientation.

MONDAY:

GROUP 1	6:00 – 7:00 p.m.	Fitness Pool & South Pool
GROUP 2	7:00 – 8:00 p.m.	Fitness Pool & South Pool

WEDNESDAY:

GROUP 1	6:00 – 7:00 p.m.	Fitness Pool & South Pool
GROUP 2	7:00 – 8:00 p.m.	Fitness Pool & South Pool

SUNDAY:

GROUP 1	9:00 – 10:00 a.m.	Fitness Pool & South Pool
GROUP 2	10:00 – 11:00 a.m.	Fitness Pool & South Pool

9-12 YEAR OLD CLINIC (PAST JUNIOR II SWIMMERS):

This group will primarily consist of swimmers 9 to 12 years of age who are interested in competitive swimming. The emphasis for this group is on perfecting swim technique as well as an introduction to competitive swimming.

TUESDAY:

GROUP 1	5:30 – 6:30 p.m.	Fitness Pool
GROUP 2	6:30 – 7:30 p.m.	Fitness Pool & South Pool
GROUP 3	7:30 – 8:30 p.m.	Fitness Pool & South Pool

THURSDAY:

GROUP 4	6:30 – 7:30 p.m.	Fitness Pool & South Pool
GROUP 5	7:30 – 8:30 p.m.	Fitness Pool

SATURDAY:

GROUP 4	9:30 – 10:30 a.m.	Fitness Pool & South Pool
GROUP 2	10:30 – 11:30 a.m.	Fitness Pool & South Pool
GROUP 3	11:30 – 12:30 p.m.	Fitness Pool & South Pool
GROUP 5	12:30 – 1:30 p.m.	Fitness Pool

SUNDAY:

GROUP 1	11:00 – 12:00 p.m.	Fitness Pool
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JUNIOR I:

This group will consist of swimmers 9 to 12 years of age and is **by invitation only**. This group will be chosen based on meet performance, practice performance, training habits, etc. Emphasis will be on stroke mechanics, conditioning, and preparation for upper level swimming.

MONDAY & WEDNESDAY:

GROUP 1	5:00 – 6:00 p.m.	South Pool
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TUESDAY & THURSDAY:

GROUP 2	4:00 – 5:00 p.m.	North Pool
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FRIDAY:

GROUP 1	5:00 – 6:00 p.m.	South Pool
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GROUP 2	6:00 – 7:00 p.m.	South Pool
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SUNDAY:

GROUP 1 & 2	8:00 – 9:00 a.m.	Fitness Pool
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SELECT JUNIOR:

This group is for dedicated swimmers ages 9 to 14 with the goal of becoming nationally qualified and is **by invitation only**. The emphasis will be on refining stroke mechanics and preparing for the rigors of more intense training.

MON, WED, FRI:	6:00 – 7:30 a.m.	Fitness Pool
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TUESDAY & THURSDAY:	6:00 – 8:00 a.m.	Fitness Pool
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FRIDAY:	3:30 – 5:00 p.m.	North Pool
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SUNDAY:	6:00 – 8:00 a.m.	Fitness Pool
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SENIOR AND SENIOR DEVELOPMENTAL:

This group is for swimmers ages 13 to 18 who desire to swim in a senior level group. Swimmers focus on the development of proper stroke mechanics and are introduced to all aspects of competitive swimming. This group provides a strong base in stroke mechanics, with aerobic and anaerobic conditioning and strength training appropriate to the individual swimmer's goals and capabilities.

MONDAY & WEDNESDAY:

GROUP 1	8:00 – 9:00 p.m.	Fitness Pool
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GROUP 2	9:00 – 10:00 p.m.	Fitness Pool
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FRIDAY:

GROUP 1	7:00 – 8:00 p.m.	Fitness Pool
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GROUP 2	8:00 – 9:00 p.m.	Fitness Pool
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ADVANCED SENIOR GROUP:

This group will be for swimmers ages 13 to 18 (**by invitation only**) who have the desire and ability to advance in their swimming. This group may provide the swimmers a transition from elite level junior swimming to our National Training Group. Coaches will provide a strong emphasis on proper stroke mechanics and conditioning in preparing swimmers to advance to and succeed in the senior levels of Potomac Valley Swimming.

MONDAY & FRIDAY:	4:30 – 6:00 a.m.	Fitness Pool
WEDNESDAY:	7:30 – 9:00 a.m.	Fitness Pool
TUESDAY & THURSDAY:		
GROUP 1	3:30 – 5:00 p.m.	South Pool
GROUP 2	5:00 – 6:30 p.m.	South Pool
SATURDAY:	8:00 – 9:30 a.m.	Fitness Pool

NATIONAL TRAINING GROUP:

RMSC's top senior swimmers, ages 13 and over will train in this group (**by invitation only**). Swimmers will train towards reaching the upper levels of senior swimming in Potomac Valley and United States Swimming. Strict performance standards are a prerequisite for the group, which will concentrate on developing good workout habits and stroke mechanics while training at a higher level.

MON, WED, FRI:	5:30 – 7:00 a.m.	South Pool
MON, WED, FRI:	4:00 – 6:00 p.m.	Fitness Pool
TUES & THURS:	3:30 – 5:30 p.m.	Fitness Pool
SATURDAY:	6:00 – 8:00 a.m.	Fitness Pool

Scholarship Assistance for the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents' Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for swimmers ages 13 and over. These scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact Head Swim Coach Dave Greene at dgreene@rockvillemd.gov / 240-314-8755. Scholarship approvals must be in place prior to registration.



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Fall 1 Swim Team Program and Registration Fees

The Fall 2020 Summer program runs from **August 31 through October 18 (7 weeks)**. As indicated below, program fees are based on the swimmer's membership status at the Swim and Fitness Center.

Group	Fall 1 Non- Members Program Fee:	OR	Fall 1 Members Program Fee:	AND	Registration Fee
Registration requires two check payments. Both payments should be made via check and delivered to the Coach at the first practice.	Program Fee Payable to: City of Rockville				Registration Fees Payable to: RMSC Parents' Club Inc.
6-8-year-old clinic	\$240	OR	\$192	AND	\$80
9-12-year-old clinic	\$160	OR	\$128	AND	\$80
Junior I	\$350	OR	\$280	AND	\$90
Junior Select	\$395	OR	\$316	AND	\$150
Senior / Senior Developmental	\$265	OR	\$212	AND	\$90
Advanced Senior	\$395	OR	\$316	AND	\$100
National Training Group	\$450	OR	\$360	AND	\$150

In order to take advantage of the special pricing for Rockville Swim and Fitness Center Members, the RMSC swimmer must be registered for an active aquatics or full facility membership spanning the entire session of the swim season which is being registered for.

Note: Registration Fees (Payable to RMSC Parents Club) are non-refundable.

Registration Instructions:

Registration Procedures:

All RMSC families are required to acknowledge our return to training information and complete the registration process before their swimmer(s) are allowed back to the pool for training. **Swimmers should bring the completed registration form and payments (via check – see above) to their first assigned practice.** Group coaches will be emailing their past swimmers / families before the first practice with “sub-group” time assignments. If swimmers do not know what practice or practice sub-group they are assigned, they should start by contacting their coach via email, and if needed contact Head Swim Coach Dave Greene at 240-314-8755 or dgreene@rockvillemd.gov.

Swimmers who did not participate in Summer 2020, but did participate in RMSC at the Rockville site in Spring 2020 may contact Head Swim Coach Dave Greene at dgreene@rockvillemd.gov to see if a spot is available in their practice group. If approved to join, deliver the registration form and payment (two check as indicated above) to the coach at the first practice.

Account Credit from Fall-Winter Season

Some families received an account credit on their City of Rockville Recreation and Parks account for the portion of the RMSC program cancelled at the end of the Fall-Winter Season. To check the amount of your account credit, call the RSFC front desk at 240-314-8750 (press zero upon answer). This credit may be deducted from the amount due to the City of Rockville. For example, (using the 6-8 year old clinic) if the Fall 1 Non-Member Program fee is \$160 and you have a \$42.25 account credit, make the check payable to the City of Rockville in the amount of \$117.75 (\$42.25 account credit + \$117.75 check payment = \$160 Fall Non-Member Program fee).

Office Use Only:
Date Processed in Rec 1: _____
Initials: _____
Date Entered in Database: _____
Initials: _____



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RMSC, ROCKVILLE SWIM TEAM REGISTRATION FORM

Please make checks for Registration Fees payable to “RMSC Parents’ Club, Inc.”

Please make checks for Programs Fees payable to “The City of Rockville”

PARENT / GUARDIAN NAMES

Last	First	MI.
Last	First	MI.

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Primary Phone _____ Parent / Guardian 1 Cell # _____ Parent/Guardian 2 Cell # _____

Email (very important): _____

Please send an email message to sengland@rockvillemd.gov to ensure that we have your correct email address on file for newsletter distribution.

SWIMMERS:

_____	M / F	DOB _____	GROUP _____	(circle) Facility Member / Non Member
_____	M / F	DOB _____	GROUP _____	(circle) Facility Member / Non Member
_____	M / F	DOB _____	GROUP _____	(circle) Facility Member / Non Member
_____	M / F	DOB _____	GROUP _____	(circle) Facility Member / Non Member

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City’s use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member’s instructions. Violation may result in removal from the program and/or suspension from the facility.

Policy Acknowledgement - Minor Athlete Abuse Prevention Policy (MAAPP): I acknowledge that I and all other adults/guardians related to the swimmer have received, read and understood the Minor Athlete Abuse Prevention Policy (available online at www.usaswimming.org/Home/safe-sport). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of participation with Rockville-Montgomery Swim Club (USA Swimming member club).

I have read, understand and affirm that I, my family and swimmer(s) will comply with the RMSC Return to Swimming COVID-19 Information provided, as well as supplemental coach, staff and/or administrator instructions.

Signature of Participant/Guardian _____ Date _____